

## Comparative study on academic Stress among Adolescents as per gender

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### ABSTRACT

Adolescence is a period of rapid change and time of searching personal identity. This stage is called as the period of "stress and storm". During this stage adolescents face many psychological problems viz stress, anxiety, aggression, undesirable complexes even sometimes depression and frustration. Academic stress is defined as the anxiety and stress that arises from schooling and education. Now a day there is often a lot of pressure that comes along with pursuing a degree and one's education. It may be studying, homework, tests, labs and reading etc. The study aimed to assess the academic stress among adolescents as per gender in Hisar city of Haryana state. A total sample of 200 respondents was taken randomly in the age group of 16-18 years i.e. 100 respondents from rural and 100 respondents from urban area. To draw rural sample governmentsenior secondary school from 'Dobhi' village was taken randomly and to have the urban sample two schools i.e. government girl's senior secondary school, Sushila bhawan and government senior secondary school, Jhajpool were selected randomly. With regards to gender, equal sample size was taken. Tool used for the research was Academic stress scale by Rao (2012). Research findings revealed that higher percentage of urban respondents(47%) had moderate and high (42%) level of academic stress than rural respondents. Further with regards to gender, rural and urban female respondents had moderate level of academic stress than male respondents of both areas. Study found significant differences in academic stress among rural male and female respondents and urban male and female respondents.

**Keywords:** Adolescence, academic stress, frustration, aggression.

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### INTRODUCTION

Adolescence is a period of rapid change and time of searching personal identity. This stage is called as the period of "stress and storm". During this stage adolescents face many psychological problems viz stress, anxiety, aggression, undesirable complexes even sometimes depression and frustration. Adolescents experience various life stresses ranging from catastrophic or traumatic life events, persistent strain and daily hassles. Academic matters are the most important sources of chronic and sporadic stress for young people in both Western and Asian countries and has significant associations with mental health problems, such as depression, anxiety and suicidal ideation.

Stress is viewed as a negative emotional, cognitive, behavioural and physiological process that occurs as a person tries to adjust to or deal with stressors [3]. Stressors are defined as circumstances that disrupt, or threaten to disrupt, individual's daily functioning and cause people to make adjustments [1, 2]. Auerbach and Grambling [1] define stress as an unpleasant state of emotional and physiological arousal that individuals experience in situations that they perceive as dangerous or threatening to their well-being. Stress can have both positive and negative effects on people. It means that stress may be a normal,

adaptive reaction to threat. Its role is to signal and prepare individuals to take defensive action.

Academic stress is defined as the anxiety and stress that arises from schooling and education. Now a day there is often a lot of pressure that comes along with pursuing a degree and one's education. It may be studying, homework, tests, labs and reading etc. Stress arises among adolescents due to doing all of the work, balancing the time and finding time for extra-curricular activities.

There are various studies saying that Indians are the highest sufferers of stress due to lack of employment, intimate relationships, betrayal and unexpected childhood etc. One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide. Presently in India alone, there around 3.5 per cent of stressors in which 10 to 17 per cent of them are in the primary stages of stress. The objective of the work is to assess the academic stress among adolescents and to study the compare of level of academic stress among adolescents as per gender

## MATERIAL AND METHODS

### Locale of the study

Study was conducted in randomly selected Hisar district of Haryana state.

### Selection of sample

Stratified sampling procedure was followed to have the representative sample of the population. It consisted of the following sub-heads:

#### Selection of area

Out of total 10 blocks of Hisar district one block i.e. Hisar-II block was selected randomly. From the selected block, a list of villages having senior secondary schools was prepared. From the list, one village named 'Dobhi' was selected randomly to meet the rural sample. To have urban sample Hisar city was taken.

#### Selection of schools

A list of schools of Hisar city was prepared. From the list two schools i.e. Government Sr. Sec. School, Jhajpool and Government girls Sr. Sec. School, Sushila bhawan were taken randomly to have urban data on adolescents. For rural sample Government Sr. Sec. School, Dobhi was selected to meet the sample size of 100 adolescents.

#### Selection of respondents

A list of adolescents studying in 10+1 and 10+2 (16-18 years) was prepared from each school of urban and rural area. From the list a sample of 100 adolescents were taken randomly from rural as well as urban area thus making a total sample of 200 adolescents. Equal sample size was taken with regards to gender.

#### Tool

Academic stress scale developed by Rao, [5] was used to assess academic stress and this scale consists of 40 items.

#### Statistical analysis of data

To calculate statistical inference frequency, percentage, mean and standard deviation tests were computed.

## RESULTS AND DISCUSSION

**Table 1: Academic stress among respondents as per gender (N=200)**

Levelof stress	academic	Rural			Urban			Total (N=200) f (%)
		Male (n=50) f (%)	Female (n=50) f (%)	Total (100) f (%)	Male (n=50) f (%)	Female (n=50) f (%)	Total (n=100) f (%)	
Low (71-109)		10(20.0)	9(18.0)	19(19.0)	6(12.0)	5(10.0)	11(11.0)	30(15.0)
Moderate (110-148)		18(36.0)	23(46.0)	41(41.0)	22(44.0)	25(50.0)	47(47.0)	88(44.0)
High (149-187)		20(40.0)	20(40.0)	40(40.0)	21(42.0)	21(42.0)	42(42.0)	82(41.0)

Note: Figures in parentheses indicate percentage

Results in table 1 illustrated the frequency distribution of male and female respondents on the level of academic stress. Out of total sample, 44 per cent respondents felt moderate level of academic stress followed by the high (41%) level of academic stress. Further with regards to rural respondents 46 per cent female respondents perceived moderate level of academic stress against 36 per cent of male respondents whereas this percentage was slightly higher for male (44%) and female (50%) urban respondents. Further, results highlighted that a good percentage of male and female rural respondents (40%) and male and female urban respondents (42%) also perceived high level of academic stress respectively. The results of the study are in line with the finding of Prabhu [4] who stated that the higher secondary students are having moderate level of academic stress. Study found that the urban students had high academic stress than rural students.

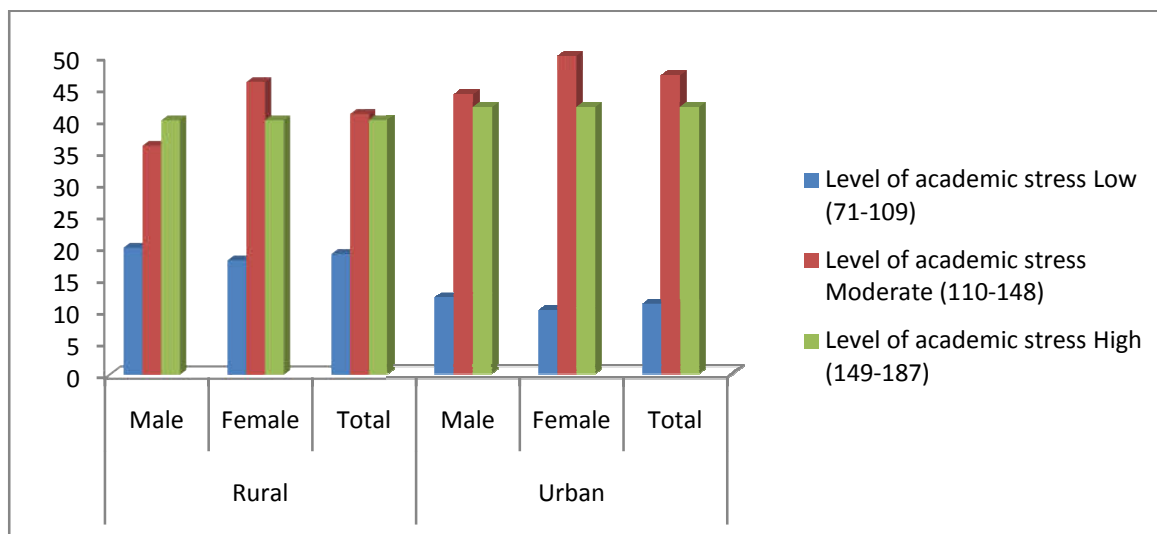


Fig. 1: Academic stress among respondents as per gender

Table 2: Mean differences in academic stress among respondents as per gender (N=200)

Variables	Academic stress	
	Mean±SD	Z -Values
<b>Gender</b>		
• Rural		
Male (n=50)	144.58±9.56	2.84**
Female (n=50)	138.56±11.57	
• Urban		
Male (n=50)	139.92±25.66	2.07**
Female (n=50)	130.66±18.60	

\* Significant at the 0.01 level

To compare academic stress among male and female respondents ‘Z’ test was computed and standard deviation was calculated. Results showed significant differences in academic stress among rural male and female respondents (Z=2.84\*\*) and urban male and female respondents (Z=2.07\*\*). Sagar and Singh [6] found that there exists high significant difference between the academic stress of male and female students.

### CONCLUSION

Results depict that higher percentage of urban respondents(47%) had moderate and high (42%) level of academic stress than rural respondents. Further rural and urban female respondents had moderate level of academic stress than male respondents of both areas whereas same percentage of male and female respondents in rural (40%) and urban area (42%) had high level of academic stress. Study found significant mean differences in

academic stress among rural male and female respondents and urban male and female respondents.

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